

ibiza balance

PRIVATE SPA SERVICE



ibiza
balance

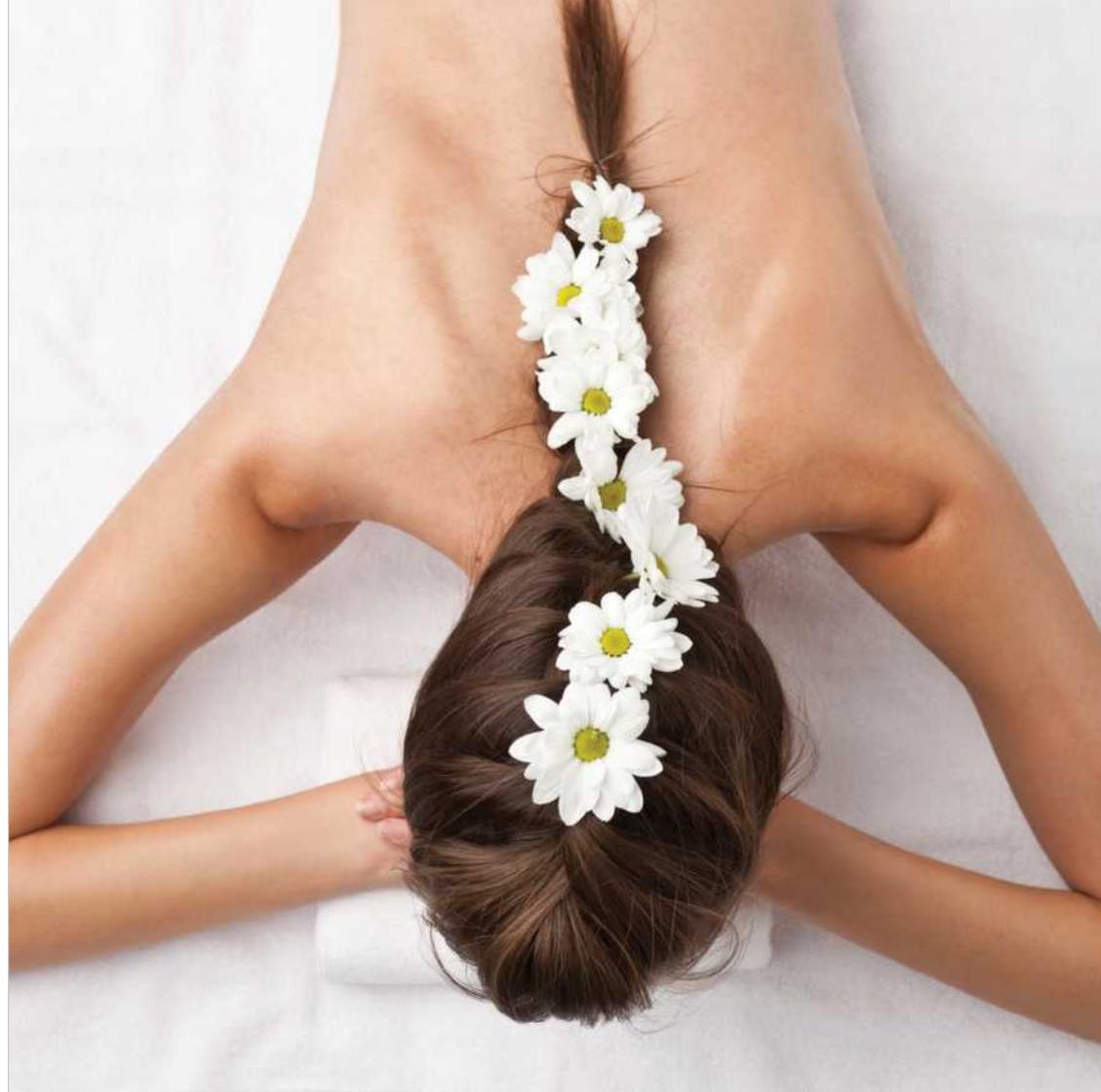
PRIVATE SPA SERVICE

Private Spa Service

On Ibiza, we're blessed with our own little corner of Balearic bliss that's home to an abundance of natural beauty and energy. It's the perfect place to revitalise body and mind, and our highly-trained health experts are on hand at any time to help you embrace the sense of calm the island instills, in the comfort of your own surroundings. Our team provides a full range of rejuvenating bodywork, massage and beauty treatments, including everything from personal training and yoga exercises to medical services and detox programs. We specialise in developing a bespoke plan just for you, which means you're free to reset body and mind at your very own White Isle wellness retreat.

Our Team

At Ibiza Balance we're dedicated to providing comprehensive care and guidance, so your personalised program will combine both traditional and recently-developed therapies and treatments, with both Eastern and Western influences. Our team of highly-qualified therapists travel all across the island to bring a range of services to your door. Whether it's an indulging facial or a fitness program designed to get you fit in time for summer, our complete portfolio of services ensures your every need is met by a committed, professional team whose sole aim is to help you on the path to wellness.



Ibiza Balance Massage & Relax

Take a day off from daily life with an Ibiza Balance massage



Ibiza Balance Signature Massage
90 minutes.....€180

A holistic massage developed by Ibiza Balance professionals, this massage includes a range of Western and Asian techniques. Therapeutic pressure is applied to create a unique and personalised massage experience just for you.

Detoxification Massage
60 minutes.....€130

The aim is to release toxins and increase blood and oxygen circulation. Detoxification massage boosts your immune system and restores your body's natural balance with a combination of deep fascia work, stimulation of organs and reflexology. It is used as a treatment for colon diseases, a bloated abdomen, constipation or skeletal muscle immobility as well as pain resulting from unhealthy life habits.

Ibiza Relax Massage
60 minutes.....€110
90 minutes.....€160

This truly relaxing treatment includes thumb pressure and skin rolling combined with stretching, followed by a session of head, neck and face acupressure. A healing, medium pressure massage that

Tibetan Bowls Massage
60 minutes.....€120

Soothing sounds promote deep relaxation, improve energy, stress relief and clarity of thoughts, which in turn can enhance your everyday life. Simply relax and listen.

Back Massage
Relax 40 minutes€80
Deep Tissue 40 minutes.....€100

Couples, friends and children can share in a compact 30 or 45 minute back massage in succession, designed especially to save you time.

Shiatsu
60 minutes.....€120

This holistic Japanese therapy applies finger and palm pressure to the body's meridians and includes stretches and other massage techniques. The result is physical and mental balance encouraged by the proper flow of qi – our life energy.

Pregnancy Massage
60 minutes.....€110

This specially designed prenatal treatment accommodates all stages of pregnancy after the first trimester. Consisting of relaxing acupressure and stretching, it improves blood circulation to the legs and feet. This is followed by a full body massage done in a side position.

Traditional Thai Massage
60 minutes.....€120

Acupressure unblocks trapped energy from the body's meridians and releases tension. It includes intensive stretching of all major muscle groups and the mobilisation of joints. No oil is applied to the skin so please wear comfortable clothing.

Ayurveda Massage
60 minutes.....€110

Warm sesame oil is drizzled all over your body to relax body and mind from toes to top. This treatment helps to detoxify, stimulate lymphatic system, purify the body, restore your skin health and balance body-mind.

WE CREATE YOUR
SPECIAL SPA PACKAGE
ON REQUEST

Ibiza Balance Bodywork & Therapy

Take action now to respond to your body's needs.



Deep Tissue & Sports Massage

60 minutes..... €130

90 minutes..... €190

This massage works with strong pressure techniques and stretches. Ideal for chronic stiffness and soreness, it releases areas of congestion, loosens muscle tissue, releases toxins and promotes circulation of oxygen. The therapist adapts the treatment to personal needs and can target specific areas.

Cupping Therapy & Deep Tissue Massage

90 minutes..... €190

Cupping therapy is an ancient form of alternative medicine in which we use special cups on target areas to create suction. The treatment invigorates local circulation of qi and blood in the area being treated, resolving swelling, pain, and tension, as well as loosening connective tissue. It's followed by an intensive deep tissue massage to release stiffness and soreness.

Acupuncture

60 minutes..... €130

Stimulation of Chinese medicine acupuncture points helps to restore flow of vital energy through the body's meridians. It's followed by deep tissue massage or cupping therapy to release areas of congestion. Effective for reducing back pain, migraine and burnout, as well as pelvic and back pain during pregnancy.

Craniosacral Therapy

60 minutes..... €130

A gentle hands-on approach that releases tensions deep in the body to relieve pain and dysfunction and improve whole-body health and performance.

Physiotherapy

60 minutes..... €130

Restores movement and function when affected by injury, illness and disability. The treatment is focused on therapeutic movements and manual therapy to help improve flexibility of the muscles and joints. This form of therapy can help scoliosis, lower back pain, thoracic stiffness and other conditions.

Detox Drainage

60 minutes..... €110

Smooth, rhythmical stroking movements encourage natural drainage of lymphatic vessels, reducing cellulite, water retention and swelling of tissues.

Osteopathy

75 minutes..... €160

Osteopathy evaluates the whole body but focuses more on manipulation and structural alignment. This form of therapy improves the flexibility of the skeleton, organs and joints. Treatment can be targeted to focus on specific symptoms such as prolapsed disc, sciatica, neck pain, frozen shoulder, colon disease and other conditions.

Myofascial Release

60 minutes..... €130

This is a safe and very effective hands-on technique that involves applying gentle sustained pressure into the Myofascial connective tissue restrictions to eliminate pain and restore motion.

Acupressure Massage Therapy

60 minutes..... €130

The therapeutic massage involves applying firm pressure and slow strokes to reach deeper layers of muscle and fascia. It's used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.

Foot Reflexology

60 minutes..... €110

Relieves tension through pressure applied to reflex points on the feet, which are connected to every part of the body, including glands and organs. This treatment can improve circulation and help promote the natural function of related organs.

EXPERIENCE OUR SIGNATURE TREATMENT
MOBILE OR AT MED SPA IBIZA

Ibiza Balance Beauty

Escape into a sanctuary of pure bliss and tranquility while on Ibiza

Ibiza Balance Facial Treatments

Sothys offers a full range of professional skincare treatments that reverse signs of ageing and visibly transform the look and feel of your skin. All treatments are non-invasive, focusing instead on advanced scientific techniques.

Sothys Hydradvance Intensive Treatment

60 minutes..... €100

Restores the skin's ability to self-hydration using a customised combination of techniques. Skin is left nourished, supple and balanced after a customised treatment that includes exfoliation, regeneration and rebalancing.

 **SOTHYS**
PARIS

Sothys Collagen & Hyaluronic Acid Treatment

75 minutes..... €130

A patented age-reversal cosmeceutical program that addresses the real age of skin using a combination of peptides, antioxidants, collagen and hyaluronic filling agents. Includes mineral microdermabrasion and wrinkle-filling serums, followed by a facial massage, famous elasticity revealer and a lifting mask to plump and repair the skin.

Sothys Men's Facial Treatment

60 minute..... €100

This deeply effective treatment restores hydration in the skin through a bespoke combination of exfoliation, rehydration and regeneration using Sothys products. Skin is left nourished, supple and replenished after just one concise session, reducing signs of ageing and the daily stresses of life so often displayed on the face.

Waxing

Bikini

20 minutes €30

Brazilian

40 minutes €60

Half Leg | Half Arm

20 minutes €30

Full Leg

30 minutes €45

Back | Chest

20 minutes €30

Nail Care

Spa Manicure

45 minutes €50

Spa Pedicure

60 minutes €70

Spa Manicure & Pedicure

90 minutes €120

Express Manicure & Pedicure

60 minutes €90

Shellac Remove 20 minutes..€30

Shellac Colour 30 minutes....€40

Eyes Open

Eyelash Refill

60 minutes €80

Eyelash Full

2 hours€160

Eyebrow or Eyelash Tinting

20 minutes €30

Eyebrow Shaping

10 minutes €10

Eyebrow & Eyelash Tinting & Shaping

45 minutes €70

Hair Styling & Make Up

Hair Cut

45 minutes €70

Woman Hair Cut & Blow Dry

75 minutes €110

Style or Up `Do

45 minutes from €70

Men's Shaving

30 minutes €45

Make Up

60 minutes €100

ALL TREATMENTS CAN BE
PERFECTLY COMBINED
WITH ANY MASSAGE OF
YOUR CHOICE



Ibiza Balance Body & Soul

Ibiza Balance lets you experience the perfect active Ibiza getaway.

Ibiza Balance Yoga

Personal yoga lessons suitable for beginners and experienced yogis alike, with sessions tailored to your skill level and personal goals. Customised instruction can be adapted to fulfil a variety of aims, addressing physical limitations, developing a regular home routine or achieving a deeper and more intensifying practice

Ibiza Balance Personal Training

A personalised program designed to help achieve individual fitness goals; our aim is to help you reach your personal version of the best, so fitness beginners and those who exercise regularly are all welcomed. From increasing upper body strength to improving tone or developing long term fitness habits, our one on one instruction enables optimal results.

Ibiza Balance Pilates

A range of precise movements designed to stretch and strengthen muscle without adding bulk. Pilates improves inner strength, increases stamina and is a powerful tool in achieving physical wellbeing.

Aqua Fitness

Water-based aerobic and body conditioning for any fitness level. Ideal for anyone with restricted mobility, rehabilitation, for general fitness and cross training.

Aqua Yoga

Water-based yoga sessions aimed at overall general fitness and wellbeing, also specialised sessions for pre and post-natal women and for rehabilitation.

Individual Classes

60 minutesfrom €110

Group Classes

60 minutesfrom €130*

*up to 3 people, €10 surcharge for each additional person

Ibiza Balance Private Swim Lessons

Under the guidance of specialist instructors, our private swim lessons cater to children of all levels and abilities, improving both skill and confidence.

Children's Swim Lessons – Individual

30 minutes€70

Children's Swim Lessons – Group

30 minutes€90

*up to 3 people, €10 surcharge for each additional person

OUR RANGE OF WELLNESS AND HEALTH SERVICES, PICKED ESPECIALLY TO SUIT YOUR NEEDS. PLEASE CONTACT US FOR SPECIAL REQUESTS INCLUDING BESPOKE PACKAGES FOR LARGE GROUPS AND LONGER SESSIONS.



Ibiza Balance IV Therapy

HYDRATION

500 ML.....€150

This formula provides fluids, vitamins and minerals to restore hydration in your body. Used for exercise fatigue, general exhaustion and better skin complexion.

REJUVENATION

250 ML.....€180

Infused with powerful antioxidants, Vitamin B and C, this drip is the ultimate mix of valuable detoxifying nutrients that can help to stimulate the production of new collagen and prevent signs of ageing.

IMMUNE SUPPORT

250 ML.....€180

Packed with Vitamin C, Zinc, Vitamin B and many other powerful antioxidants this drip boosts the immune system, reduces colds and flu symptoms.

ENERGY

250 ML.....€200

This strategic formula fuels your cells and nourishes your entire system. Experience superb mental clarity and increased physical stamina with this treatment.

RECOVERY

500 ML.....€250

This treatment contains a concentrated dose of vitamins, electrolytes and amino acids providing instant relief for any hangover or headache. In addition this infusion contains high levels of Vitamin B and Magnesium, both vital component for improving your energy.

IM SHOT & 100ML IV

B12 - SHOT.....€50

This formula provides fluids, vitamins and minerals to restore hydration in your body. Used for exercise fatigue, general exhaustion and better skin complexion.

KING ANTIOXIDANT - GLUTATHIONE SHOT.....€50

Our king antioxidant shot helps to protect the cells from free radicals and to slow down the ageing process in your body. It detoxifies your liver and plays a crucial role in the immune functions.

BEAUTY BOOST - SHOT (B7).....€50

Vitamin B7 or Biotin is what you need to get a beautiful healthy skin, longer healthy hair and stronger and vibrant nails.

WEIGHT LOSS - 100ML.....€90

Get your metabolism fired up with increased amino acids, minerals, and vitamins.

HIGHDOSEVITAMINC- 100ML.....€150

5000 mg of the best antioxidant supports immune system, promotes collagen growth and repairs all body tissues.

POST WORKOUT - 100ML.....€150

Fuel your body with a mix of amino acids as glutamina, lisina and taurina, after an high intense work out.

Ibiza Balance Health Chefs

Our team of highly-trained chefs cover all range of cuisines - from macrobiotic to vegan to vegetarian, whatever your preference, we pride ourselves on creating delicious fare for every dietary requirement. Whether you're looking for private dining for a family or catering for a special event, our chefs grow and source all of their fruit and vegetables from their own organic garden, ensuring only the purest Ibizan flavours make it to the plate. With a combination of varied styles and trends, they produce healthy dishes and harmonious combinations to complement our bodies' natural needs and to tantalise the tastebuds.



Purify

Our bodies function optimally when the liver is cleansed, so this program is designed to free the liver from additional stresses with 'clean' eating, or rather, with whole foods - those that have been minimally processed. In turn, this frees our digestive system to work at its best - the first step on the path to achieving a healthy body and clear mind.

Alkalize

Eating specific foods that make your body's fluids more alkaline can prevent medical conditions and encourage weight loss. We create a very special, anti-inflammatory diet plan that's high in organically-sourced, alkaline producing foods but still packs a taste punch. It takes 21 days to fully detox, but contact us for a tailor-made programs that suit your requirements.

Cuisine Programs

1 DAY · 3 DAYS · 5 DAYS · 7 DAYS · 10 DAYS

You'll have an expert Ibiza Balance chef at your disposal for breakfast, lunch and dinner, each and every day. Send us your special requests and we'll create an eating program that's specifically designed for you and your needs.

Full time

Breakfast and full time.....Price on request

Have a private chef at your disposal for an entire week to make breakfast, lunch and dinner on demand. Shopping and kitchen organisation will all be taken care of on your behalf.

Breakfast

Breakfast and full time.....Price on request

Increasingly popular with Ibiza Balance customers, these prices include food, service

Ibiza Balance Cold Pressed Juices



Cold pressed juices are the most nutritious and delicious way to drink. We extract the nectar directly from fruit and vegetables with a cold press juicer, allowing enzymes to stay alive so you can enjoy a raw juice bursting with vitamins, minerals and pure flavour.

Ibiza Balance Juice Cleanses

Your body is designed to detoxify naturally, but while cleansing you speed up the process of rejuvenation. The liver, kidneys and skin are always working hard on processing all the stuff put into your body, but following a juice cleanse for a number of days allows your digestive system to take a break from processing solid food. In turn, this energy can be used for cleaning and healing the body, ridding yourself of toxins and excess weight along the way.

Benefits of Juice Cleanses

Maximum nutrition Alkalise blood pH.
Boost energy levels. Strengthen your immune system.

Ibiza Balance Juice Cleanses

6x 500ml Juices per day.....€90

Juice Recipes

Celericious: Celery, Splash of lemon

Sunrise: Carrot, Apple, Orange, Ginger, Turmeric

Shine: Pineapple, Apple, Cucumber, Spinach, Ginger, Lemon

Wild Thing: Blood Orange, Strawberry, Rosemary,

Agave, Ginger, Lemon

Ninja Turtle: Apple, Grapes, Cucumber, Celery,

Ginger, Cilantro

White Angel: Cashew Milk, Purified water, Cinnamon,

Vanilla, Coconut sugar, Sal de Ibiza

Glow: Red Paprika (Pimiento), Sweet Pink Potato,

Wild Peach, Lemon

Shine: Pineapple, Apple, Cucumber, Spinach, Ginger, Lemon

Pink Dragon: Watermelon, Strawberry, Lemon, Pink Pitaya

Sunrise: Carrot, Apple, Orange, Ginger, Turmeric

Blue Majik: Pineapple, Coconut water, Basil, Blue Majik

Sweet Escape: Almond, Cashew milk, Coconut, Purified Water, Chai Spices, Vanilla, Agave, Sal de Ibiza

Bamboo: Chard, Romaine, Cucumber, Celery,

Green Apple, Kale, Spinach

Power: Green Appel, Fennel, Kiwi, Kale, Hawaiian Spirulina

My Matcha: Almonds, Purified water, Green Matcha,

Vanilla, Agave, Sal de Ibiza



Ibiza Balance Villa Packages

Let us bring luxury to your home.

Villa Massage Package

Eight hours massage with private therapist in-house. Our mobile spa service allows us to deliver customised, relaxing treatments in the comfort of your own home. Sink into a state of bliss with your own dedicated private therapist.

Villa Beauty Package

One of our highly-trained beauty therapists will deliver eight hours of personalised beauty treatments to your door. An entire day of pampering for those looking to relax or get ready to party.

Villa Deluxe Package

Create the relaxing ambience of a wellness spa in your very own home. This package is for a minimum of six persons for six days and includes:

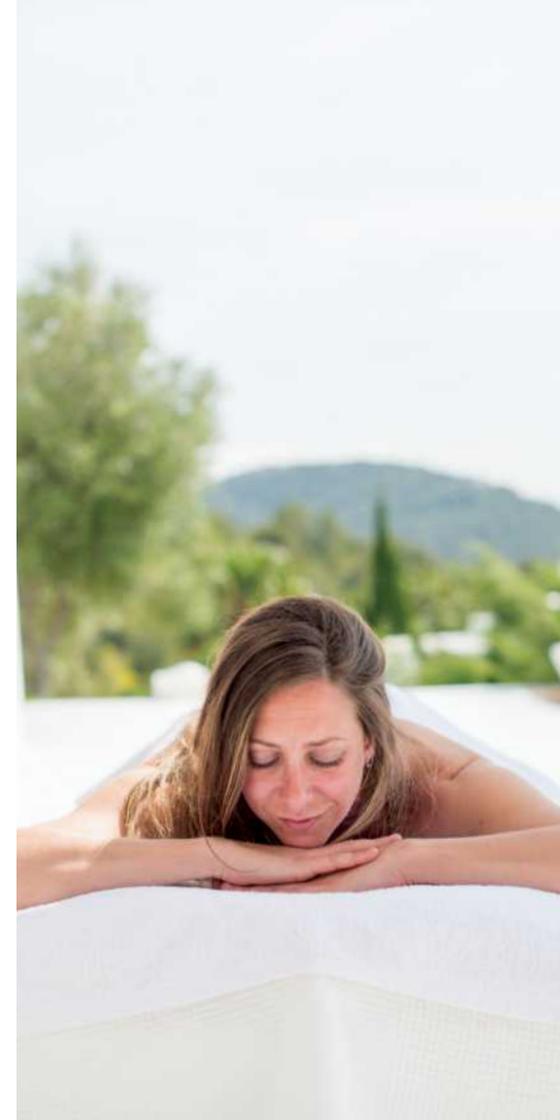
· Body & Mind

Individual Wellbeing Check Up & Nutrition Advise
Daily Yoga & Meditation Class
Daily Personal Training, Pilates or Aqua Gym Class

· Treatments included per person:

Cupping Therapy & Deep Tissue Massage
Shiatsu or Thai Massage
Ibiza Relax Massage
Acupuncture & Deep Tissue Massage
Collagen & Hyaluronic Facial Treatment
Spa Manicure & Pedicure

DETOX AND PURIFY THE BODY WITH OUR
RANGE OF SPECIALISED PACKAGES.
RAW FOOD DELIVERY, DETOX JUICES OR
PRIVATE CHEF ADDITIONAL ON REQUEST



Ibiza Balance Detox Packages

One-Day Break

Treat yourself to a 24-hour detox break.

Detoxification Massage
Abdominal Massage
Six detox juices, delivered fresh to your home
for one day

Antioxidant Break

Cleanse body and mind with our unique three-day detox juicing program.

Daily Yoga classes
Deep Tissue Massage
Thai Massage
Foot Reflexology

Optional: six detox juices, delivered fresh
to your home each day

Detox & Yoga Private Retreat

A program of daily personal Yoga lessons
and customised treatments.

Daily Private Yoga & Meditation Class
Vitamins® IV Infusion Hydration
Detoxification Massage
Cupping Therapy & Deep Tissue Massage
Lymphatic Training
Foot Reflexology
Sothys Hydradvance Facial Treatment

RAW FOOD DELIVERY,
DETOX JUICES OR PRIVATE CHEF
ADDITIONAL ON REQUEST





MEDSPA IBIZA

Beauty from the inside out and outside in

At Med Spa Ibiza we are dedicated to providing a combination of aesthetic medicine and medical facials based on the most advanced non invasive treatments. We strongly believe in preventive medicine and use IV Vitamin Infusions and healing body works to maintain overall health and wellbeing.

MED SPA IBIZA

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07800 Ibiza
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WE LOVE TO TAKE CARE OF YOU

- ✓ MEDICAL CONSULTATIONS
- ✓ VITAMIN INFUSIONS
- ✓ AESTHETIC MEDICINE
- ✓ MEDICAL FACIALS
- ✓ BODYWORK TREATMENTS
- ✓ MASSAGE TREATMENTS
- ✓ HEALING TREATMENTS



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balance

PRIVATE SPA SERVICE

Ibiza Balance SPA Etiquette

Dear Client,

To ensure a perfect spa experience and optimum results we recommend you prepare for your treatment session 15 minutes ahead of the appointed time.

Please understand that if you arrive late, we may reduce your treatment time to ensure the next treatment starts on time.

Please make reservations early so that we can provide the treatment of your choice at your preferred times.

A 20% surcharge is added to our quoted prices for treatment starting after 10 PM.

Contact Ibiza Balance at +34 629 939 772 for rescheduling or cancellation. Cancellation less than 12 hours prior to the treatment will be charged the full rate quoted.

Please note that if you arrive more than 15 minutes late for a treatment, the session may be cancelled and the full rate charged. As a courtesy to other clients, we kindly request that you come at the appointed time.

Please inform us about any health issues and ailments you may have, such as allergies, accidents, injuries or other issues.

We offer prenatal spa treatments. The Ibiza Balance team will be happy to recommend suitable treatments.

Some locations on Ibiza have an additional travel surcharge of €10 per visit for a single one-hour booking. There is no travel surcharge for booking one therapist for more than one hour.

All our prices are subject to additional 21% VAT.

We will be happy to assist you with any questions and bookings.

Thank you for your cooperation!

Your Ibiza Balance Team